

NOVEMBER 2014

Monday

Tuesday

Wednesday

Thursday

Friday

	There will be a Nutrition Fundraiser at Belks in Elizabeth City. You can buy a \$5.00 ticket and you will get \$5.00 off your purchase on November 8th. Additionally, you will receive 20% to 70% off Belk purchases storewide. For tickets, contact Audrey Holland at 426-7093, ext 230 or contact us at the Center.		New Orleans trip is still “a work in progress”. If you are interested in this trip call the Center and we will put you on our list to notify you as soon as this trip is setup.	
FITNESS ROOM—8:00 TO 4:00 WII & CORNHOLE - 8:00 TO 4:00 YOGA—9:00 TO 10:00 LINE DANCE—10:30 TO 11:30 SENIOR BOWLING—12:15 TO 3:30 ADVANCED PILATES—5:30 TO 6:30	FITNESS ROOM - 8:00 TO 4:00 WII & CORNHOLE - 8:00 TO 4:00 INTERVAL STEP—9:00 TO 10:00 ARTHRITIS CLASS—10:15 BIRTHDAY CELEBRATION—12:15 FOOD STAMP PRESENTATION AND SIGN UP -12:00 BINGO—1:00 TO 2:00 ZUMBA —5:30 TO 6:30	FITNESS ROOM - 8:00 TO 4:00 WII & CORNHOLE - 8:00 TO 4:00 CHILATES—9:00 TO 10:00 SWIM—12:15 TO 3:00 ADVANCED PILATES—5:30 TO 6:30	FITNESS ROOM - 8:00 TO 4:00 WII & CORNHOLE - 8:00 TO 4:00 20-20-20- CLASS—9:00 TO 10:00 ARTHRITIS CLASS—10:15 BIRTHDAY QUIZ—11:30 ZUMBA —5:30 TO 6:30	FITNESS ROOM - 8:00 TO 4:00 WII & CORNHOLE - 8:00 TO 4:00 YOGA—9:00 TO 10:00 LINE DANCE—10:30 TO 11:30 MEDICARE PART D SIGN UP—10:00 TO 1:00 FAMILY CAREGIVER CONFERENCE—9:00 TO 3:30
FITNESS ROOM—8:00 TO 4:00 WII & CORNHOLE - 8:00 TO 4:00 CHILATES—9:00 TO 10:00 LINE DANCE—10:30 TO 11:30 SENIOR BOWLING—12:15 TO 3:30 ADVANCED PILATES—5:30 TO 6:30	THE SENIOR CENTER WILL BE CLOSED FOR VETERAN’S DAY	FITNESS ROOM - 8:00 TO 4:00 WII & CORNHOLE - 8:00 TO 4:00 CHILATES—NO CLASS SWIM—12:15 TO 3:00 ADVANCED PILATES—5:30 TO 6:30	FITNESS ROOM - 8:00 TO 4:00 WII & CORNHOLE - 8:00 TO 4:00 20-20-20 CLASS—9:00 TO 10:00 ARTHRITIS CLASS—10:15 GROCERY SHOPPING ASSIST—11:30 ZUMBA —5:30 TO 6:30	FITNESS ROOM - 8:00 TO 4:00 WII & CORNHOLE - 8:00 TO 4:00 YOGA—9:00 TO 10:00 LINE DANCE—10:30 TO 11:30 WOOD CARVING - 9:00 TO 12:00
FITNESS ROOM—8:00 TO 4:00 WII & CORNHOLE - 8:00 TO 4:00 YOGA—9:00 TO 10:00 LINE DANCE—10:30 TO 11:30 SENIOR BOWLING—12:15 TO 3:30 ADVANCED PILATES—5:30 TO 6:30	FITNESS ROOM - 8:00 TO 4:00 WII & CORNHOLE - 8:00 TO 4:00 INTERVAL STEP—9:00 TO 10:00 ARTHRITIS CLASS—10:15 MONTHLY MEDICAL NOTES—11:30 CAREGIVER GRIEF—12:00 BINGO –1:00 TO 2:00 ZUMBA —5:30 TO 6:30	FITNESS ROOM - 8:00 TO 4:00 WII & CORNHOLE - 8:00 TO 4:00 CHILATES—NO CLASS SWIM—12:15 TO 3:00 MEDICAID APPOINTMENTS SCAM JAM—8:45 TO 3:00 ADVANCED PILATES—5:30 TO 6:30	FITNESS ROOM - 8:00 TO 4:00 WII & CORNHOLE - 8:00 TO 4:00 20-20-20 CLASS—9:00 TO 10:00 ARTHRITIS CLASS—10:15 TRIVIA PLUS—11:30 WORD SEARCH—11:30 ZUMBA —5:30 TO 6:30	FITNESS ROOM - 8:00 TO 4:00 WII & CORNHOLE - 8:00 TO 4:00 YOGA—9:00 TO 10:00 LINE DANCE—10:30 TO 11:30 MEDICARE PART D SIGN UP—10:00 TO 1:00 SHOPPING TRIP—8:30 TO 4:00
FITNESS ROOM—8:00 TO 4:00 WII & CORNHOLE - 8:00 TO 4:00 YOGA—9:00 TO 10:00 LINE DANCE—10:30 TO 11:30 SENIOR BOWLING—12:15 TO 3:30 ADVANCED PILATES—5:30 TO 6:30	FITNESS ROOM - 8:00 TO 4:00 WII & CORNHOLE - 8:00 TO 4:00 INTERVAL STEP—9:00 TO 10:00 ARTHRITIS CLASS—10:15 CROSSWORD PUZZLE—11:30 BINGO—1:00 TO 2:00 ZUMBA —5:30 TO 6:30	FITNESS ROOM - 8:00 TO 4:00 WII & CORNHOLE - 8:00 TO 4:00 CHILATES—9:00 TO 10:00 SWIM—NO CLASS PIZZA LUNCH—12:00 ADVANCED PILATES—5:30 TO 6:30	THE SENIOR CENTER WILL BE CLOSED FOR THANKSGIVING	THE SENIOR CENTER WILL BE CLOSED FOR THANKSGIVING